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Exam 2: Mental Health (New 2023/ 2024 Update) Complete Guide with Questions and Verified Answers| 100% Correct- Galen

QUESTION
Problems with the general adaptation syndrome theory

Answer:
Women dont have
'fight or flight' they have 'tending and befriending'

QUESTION
Levels of anxiety

Answer:
mild, moderate, severe, panic

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QUESTION
mild anxiety symptoms

Answer:
- Sharp focus
- Sees, hears & grasps more info
- Problem solving becomes more effective

QUESTION
Moderate Anxiety Symptoms

Answer:
- Focus on immediate concerns
- Difficulty focusing
- Details excluded from observation
- Cant think clearly

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QUESTION
Severe anxiety symptoms

Answer:
- Focus on specific details only
- All behavior is aimed at relieving anxiety
- Learning & problem solving are not possible
- Somatic symptoms

QUESTION
Panic symptoms

Answer:
- Unable to process environment
- Dysregulated behavior (pacing, running, shouting, screaming, hallucinations)
- May become erratic, uncoordinated & impulsive.

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QUESTION
Separation Anxiety Disorder

Answer:
- Inappropriate concern over being away from a significant other.
- Fear that something will happen that results in permanent separation
- GI disturbances & headaches

QUESTION
Specific Phobia Disorder

Answer:
Unrealistic, disproportionate fear of some ob- ject/event that leads to avoidance

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QUESTION

Social Anxiety Disorder

Answer:

Extreme and irrational fear of being embarrassed, judged negatively, or scrutinized by others in social situations

QUESTION

Panic Disorder

Answer:

Unpredictable minutes-long episodes of intense dread in which a person experiences terror and accompanying chest pain, choking, or other fright- ening sensations

QUESTION

Agoraphobia

Answer:

Fear about being in places/situations from which escape might be difficult or embarrassing or in which help might not be available

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QUESTION

Generalized Anxiety Disorder (GAD)

Answer:

Chronic excessive worry accompanied by 3+ symptoms present more days than not for the past 6 months

QUESTION

Substance-induced anxiety disorder

Answer:

Characterized by symptoms of anxiety, panic attacks obsessions, and compulsions that develop with use of a substance

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QUESTION
Obsessive-Compulsive disorder (OCD)

Answer:
Unwanted repetitive thoughts (ob- sessions) and/or actions (compulsions)

QUESTION
Obsession

Answer:
Unwanted repetitive thoughts that cant be dismissed

QUESTION
Compulsions

Answer:
Irresistible urges to perform an act to ease anxiety

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QUESTION
Nursing interventions for a person with mild to moderate anxiety

Answer:
- Thera- peutic communication
- Providing calm presence
- Recognize distress
- Listening

QUESTION
Nursing interventions for a person experiencing severe to panic levels of anxiety

Answer:
- Safety

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